

Transgender related terms.

Cross-dresser or CD: Someone who occasionally wears what is considered the clothes of the opposite sex.

M2F, MTF, Male-to-Female: Born as male transitioning to female.

F2M, FTM, Female-to-Male: Born as female transitioning to male.

Pre-Op: A transsexual who has not yet had SRS

Post-Op: A transsexual who has completed SRS

Non-OP: A transsexual who transitions to the point just short of surgery.

Transsexual: A person who experiences a long-term intense discomfort of their assigned gender. Typically transsexuals seek to have SRS

SRS (Sex Reassignment Surgery) or GRS (Gender Reassignment Surgery): Sex change operation

HB-SOC or SOC or Standards of Care: A set of minimum guidelines set by the Harry Benjamin International Gender Dysphoria Association, Inc (HBI-GDA) for the care of transsexuals

Transition: The process of changing gender, includes Therapy, Hormone Replacement Therapy, Real Life Experience, and finally surgery. The typical minimum is about two years, but usually it takes longer.

Real Life Experience or RLE: (Also known as RLT or Cross-Living) A requirement of the HB-SOC that transsexuals live for one year as their target sex before SRS.

Hormone Replacement Therapy or HRT: Administration of hormones to affect the development of secondary sex characteristics of the opposite assigned gender. Estrogens for male to females and Androgens for female to males.

Resources

www.jrts.org
James River Transgender Society

www.ifge.org
International Foundation for Gender Education

www.fanfreeclinic.org
Fan Free Clinic – Richmond, VA

www.tgea.net
Trans Gender Education Association

www.susans.org
Susan's Place Transgender Resources

www.transfamily.org
For parents, partners, children & Supportive others

www.transgendercare.com
TransGenderCare

www.hbigda.org
The Harry Benjamin International Gender Dysphoria Association, Inc



For more information contact JRTS at...

James River Transgender Society
P.O. Box 14567
Richmond, VA 23221
or
email us at info@jrts.org



James River Transgender Society

Compassionate
SUPPORT
Education
Safety

Community

RESOURCES



James River Transgender Society
P.O. Box 14567
Richmond, VA 23221
www.jrts.org

About JRTS

The **James River Transgender Society** is a Richmond, VA support organization for individuals who identify as transgendered or have gender identity issues. Our group is growing; stretching across Virginia to seek those who have few local resources -- for those with questions and for those who need a helping hand. So, know that you have a place to go when you need someone with whom to talk.



We Offer:

- A safe meeting place
- Socialization
- Caring Support
- Programs of interest
- And more...

What does 'transgender' mean?

Transgender: (Sometimes referred to as TG or Trans) An umbrella term used to describe a person whose gender identity or gender expression differs from conventional expectations of male or female.

Gender Identity: One's sense of being male or female, for most people, there is no conflict between gender identity and biological sex. However, people that are transgender grow up questioning their identity, which differs from their biological sex.

What is the cause of transgenderism?

Currently, much research is being done to answer this question, but to this point, no one knows the answer. There are theories being investigated which are genetic influences, in utero hormonal influences, and other brain structure/chemical influences.

Gender Identity and Sexual Orientation

What is *Gender Identity*? Gender Identity is a person's internal sense of being a man or a woman, a boy or a girl.

What is *Sexual Orientation*? Sexual orientation is someone's sexual attraction to others who may be the opposite sex, same sex, or either sex.

Transgendered people, like other people, can be straight, gay, lesbian, or bisexual.



How can I help?

- Educate yourself about transgender issues.
- Be aware of your attitude concerning people with gender – atypical appearance or behavior.
- Use names and pronouns that are appropriate to the person's gender presentation and identity; if in doubt, ask their preference.
- Don't make assumptions about transgender people's sexual orientation, desire for surgical or hormonal treatment, or other aspects of their identity or transition plans. If you have a reason to need to know, ask.
- Keep the lines of communication open with the transgender person in your life.
- Get support in processing your own reactions. It can take some time to adjust to seeing someone who is transitioning in a new way. Having someone close to you transition will be an adjustment and can be challenging, especially for partners, parents, and children.